Hello and welcome to the Rx Counter. Today we have clinical associate professor and family medicine, geriatric pharmacist, Dr. Jeff Reist, Jeff, how do you stay up to date?

in pharmacy? Three resources you use, especially for in debt students, new graduates trying to be cost effective. So what do you think? Top three? Okay, I'm glad you asked me

that. Because it's something that's kind of near and dear to my heart. And I think I'd like to start out with just making maybe making the case for staying up today because I think students, especially you know, right now, I mean, you obviously feel like, you're pretty up to date, right? You've got the latest information being imparted to you by your faculty. You've got lots of assignments to do. And on top of all that every week, you guys get tested on right. So Think most students feel pretty confident their stay on today. But I wouldn't make a case for what happens today you graduate, the day you graduate. I think a lot of people might say, I'm kind of ready for a break. And that's not unusual. I feel like I did the same thing. When I graduated, I took a job in inpatient hospital, I thought, you know, what, everything I need will be provided there, you know, I'll be, you know, educationally stimulated, you know, by working with others. What I found out after a year or two is that I hadn't really kept up. Things were changing in pharmacy, and I wasn't, and I would make a case for even as a student, things are changing. So when you learned about, well, let's just think about what you're learning right now. So just for a minute, think about something you learned in the last week or two. Okay, so let's play it forward, let's say five years from now. Do you think what you learned this week Your last week is still going to be current practice in five years, maybe. Maybe it might be. But I can tell you that as I've gone through the decades of my career, the things I learned very, very little of that is current now. So if I hadn't figured out a way to stay relevant, as a pharmacist, I think I'd be a pretty dangerous pharmacy. So that's the case. I just want to take a minute to do that. Because I think a lot of times, especially since our audience is primarily students, you might think, you know, this is interesting, but you know, that doesn't apply to me. It does apply. It applies to everybody. So let's talk about how you doing so there's a couple of ways.

Being a member of an association can be helpful.

And I would suggest that and I know we talked about cost consciousness, Association membership can be expensive. However, it can pay big dividends to you as well. I'm not saying you have to be a member of every Association. I mean, that's possible financially. But I would suggest picking a general Association, one that represents the profession. And then if you end up in a specialty area, as I do, pick something in your specialty, so you'd probably have at least a couple. So, you know, I actually am a member of quite a few organizations APASHVE CCP, a bunch of other ones IPA, very important to me in your state and local Association. But I also am a member of the American geriatrics society, which is not a pharmacist only organization. And I would encourage you to consider joining other organizations as well especially if you're in a specialty area because that allows you to hear what enter professionally is going on in your specialty. So I read the journal American geriatrics society every month. They work in geriatrics, obviously Interestingly, the current president of American geriatrics association or society was a pharmacist. So that's kind of interesting. So don't just think we have to stay in our own little box. So reach out into that. So Association membership can be very helpful. Probably a little bit less expensive alternative is to somehow get access to what is being published in the clinical literature. And that can be free. It certainly, if you remember, Association, you get their journal, obviously, you can sign up for email alerts for all the major medical and pharmacy journals. And again, I would say, certainly, I have like, like I always look at a page as pharmacy today, every day, because there's a lot of good stuff in there. And I get that into my inbox every day. And I have a few other pharmacy journals that I look at this Well, but if you truly are wanting to know what's going on in medicine in general, and what are the landmark articles being published, you really have to reach outside the pharmacy, you need to go to when the internal medicine journal, the American Medical Association, Annals of Internal Medicine, whatever big national journal you want to pick or several of them, because that's where you're going to find the articles that are changing practice. You know, changing medicine, okay, pharmacy journals, you will get a lot of things about what's changing pharmacy, which is super important. But
what is what is the latest and greatest medicine for whatever condition you're thinking about? You're going to get that by looking at those national medical journals. So how do you do that inexpensively, you go to their website, I'll just use New England Journal for example, you go to any gm.org and then medicine.org and it's an amazingly powerful website. amazingly powerful tons of tools on there tons of resources. If you scroll all the way to the bottom, you'll see a lot of links, one of which is alerts, you click on that. And you can sign up for email alerts so that every time the issue is published, it will go to your inbox. And it will say, you know, this is this week's New England Journal, and it will have the articles of interest while you're a student, if you're on campus, if you click on those, it will take you right into hardens, electronic journal library and you'll be able to read the article, download the PDF, whatever you want to do. So super powerful when you're a student to do that.

Unknown Speaker 6:48
Okay. So you might say, Well, my inbox is horrible, and I can totally agree with that minus two. How do I manage that I don't want you know, like every day getting a bye bye six more emails that I'm going to ignore. And I can tell you, if you don't figure out a way to manage that eventually just start deleting and you're gonna say, I'm too busy. I don't have time to do that. So how do you avoid that? in Outlook, you can create folders. So I have a table of contents folder, and I selected, you know, like anything from any GM goes into that folder, so it doesn't clogging up my daily inbox. So and I make time once a week to look at that folder. So that I'm not like seeing it every day and then say, I don't have time for that today because I have like 12 student emails I have to answer today, something like that. So it goes into a folder called table of contents. And then once a week, I have set time where I actually look at that folder, and I still hold months. Okay. And so, what I do is New England Journal medicine, JAMA, Annals of Internal Medicine. Jags which I actually get better and also I don't have to do that one. There's several other ones I do a PHA journal or pharmacy or Association. So those tables of contents go there. Alright. So I have one other thing that I do that kind of fits in with that is I subscribe to and listen to the podcasts, those circles. So journals have most major journals like New England Journal handles, internal medicine, Jama. Jama has like a whole bunch of journals, they have JAMA, whatever. If you go to the JAMA website, you'll you'll see all the different gentlemen journals, they have it you can subscribe to all of the podcasts. I don't subscribe to the main one and then a couple of specialty ones. But you can subscribe to those podcasts and the podcast give you a summary of what is in that issue. And the neat thing about the podcasts and then having the tables of contents together are They're very complimentary. So when you listen to the podcast, you might say, wow, I need to hear that article, I need to read that article, because they give you a summary of the articles. Then you go to your inbox, you already have the Table of Contents there, you click on it up the article. So you can see how that works very well. It's very time efficient. By listening to the podcast of the journal, and I have nothing of interest that particular week or month, I go into my table of contents and delete it, because I don't I don't need that. So it kind of gives you the chance to get a flavor of what that articles about. And I would, I would ask you to I think going into you know, the journal medicine podcast is the most extensive and they tend to give you like almost an abstract of each article which is nice. Gemma on the other hand is not quite as good. Dana's kind of give you a summary of what the articles about but they don't always give you the results as detailed as like a trial you'll you'll understand that when you look at the different podcasts, but I would suggest doing that I still am kind of old fashioned I have an iPod that I downloaded the podcast two which I like because it's little and I tend to listen to my podcast when I'm at home right or long ago or so I ride around the yard with my buddies redemption headphones on I look really cool. And, and then I have a piece of paper in my pocket. So like you say, you know, JAMA, you know September whatever article, you know, one had the article, just jot that down. So that remind me to when I get back in the house to go into my email box. Look at that. So, so that's a very powerful way to do it. I think very inexpensive, essentially, free.

Unknown Speaker 10:55
Do like

Unknown Speaker 10:57
feel like reading the primary ledger. Almost like a mosquito can strengthen over time. So as students I know I'm sure you guys can be really intimidating. just dive into the primary literature and interpret some of the more so like the you get to like the statistical section of the results. Car, trying to really understand what that same. Do you have any resources as far as

Unknown Speaker 11:22
maybe some suggestions on how we can maybe better understand that as students now before we get on practice? Sure.
I agree. Totally. I think reading the primary literature can be very intimidating. I, in my first pharmacy degree, my bachelor's degree we didn't really have a lot of coursework in literature evaluation was more to learn on your own. And then when I went back from my farm D it was I was shocked to know. So some years later when I went back for that how much of the curriculum in the farm D program was really based on literature evaluation, and I feel like that was really good. I think in colleges of pharmacy We tend to make drug literature evaluations scary.

Unknown Speaker 12:06
I think we intimidate.

Unknown Speaker 12:09
And when you're intimidated by something, I think it's natural, as you said, to just not want to do this. But I would encourage you to start, just start reading articles. Don't worry about not understanding the statistics right off the bat. Don't worry about, oh my gosh, I have to create a journal club for that you don't have to. When you're in practice, I read an article, because I need to read that article stickered. I may have a patient in clinic that day say something about that was in the national press. regarding an article I have to be more up to date than my patient, right. I have to be able to when a physician in my clinic says to me Hey, Jeff, what do you think about this article I have to be able to at least acknowledge that I'm aware of it. Maybe I can say, you know what I listened to the summary of that on my podcast. I haven't had a chance to read the article, but it's definitely on my list to read. Let's talk about it next week, something like that. But my suggestion to you to all of you need to just start reading. Don't feel like you have to understand all those statistics right off the bat, don't think you have to understand everything about it, just start reading it. Eventually, you'll see repeating things and you'll suddenly be able to say, Oh, yeah, that's the second time I heard that. Maybe I should look into what that means. And then you'll become a self directed learner. You will learn learn on the job and you will give a number. So that's what I would suggest. reading articles will make you a better writer. Once you start reading articles you find yourself writing style. If you are an academic Clinical position you have to be a writer. So that reading those articles over and over again, it just changes your writing style. That I suggest, so don't be intimidated by it. You don't have to do a journal club on every article. You're right.

Unknown Speaker 14:13
You can actually read them.

Unknown Speaker 14:19
Speaking of keeping up, pharmacy law changes a least yearly. Could you touch on how you stay up with the laws, current practice guidelines and just what you can and cannot do and your state as a pharmacist clicking

Unknown Speaker 14:39
mentioned two things, staying up to date on pharmacy law and also practice guidelines which are both very important. So pharmacy law. Whatever state you're in, the Board of Pharmacy probably has some kind of an alert system, newsletter system, what have you. I don't know in Iowa. Canada I do subscribe to updates from the I record pharmacy. So you can go to the border pharmacy website and put in your email and have them send you things. So I get like agendas of upcoming board meetings, I get important updates. So like currently, we're kind of in a state of flux here with chapters USPS being updated, you know, 800-790-5797. That's been a kind of a moving target, at least for 797. Right now. It was supposed to go into effect in December and then USP has put that off to the floor. It has been sending some very important updates. If I hadn't been subscribing to that I'm not sure how I would find out about that. I'm sure I may have heard about it somewhere. And IPA is also a very good way of keeping up in Iowa of board rules because they have a podcast that

Unknown Speaker 15:57
Dr. Pudlo and Dr. Thompson

Unknown Speaker 16:39
and also internal medicine, trama, what have you. But that's probably the best way to do that.

Unknown Speaker 16:46
Speaking from my own experience, there's a I'm not sure how that subscribe to it. But there's an email that I get, I think
once a week from Lula BU la, where it talks about email proposed The House or Senate for the state Bible, I'm sure that there's something on that site to kind of poke around there where you can adjust it to your state and how it selects stuff that's pertinent to pharmacy. I still have yet to figure out but I think it has like taglines for like

Unknown Speaker 17:17
drugs or

Unknown Speaker 17:18
scheduling pharmacy. It's just a resource that I kind of stumbled into. I would like to know how, but I don't know yet. It's just another resource event. How do you spell that? BU la

Unknown Speaker 17:35
com.org. That

Unknown Speaker 17:39
at gmail. com.

Unknown Speaker 17:42
That sounds good. It allows heroes to win Iowa legislators in session. There's various things you can do. There's different podcasts that are out there about what's going on. There's all

Unknown Speaker 17:55
kinds of things

Unknown Speaker 17:58
that's kind of hard to Again, your state association generally should have a legislative to it. That's probably another really good way to know what's going on because most films in Iowa know and I would legislature are originated, oftentimes the pharmacy Association, pharmacy, Board of Health

Unknown Speaker 18:25
some of those organizations,

Unknown Speaker 18:29
pills.

Unknown Speaker 18:33
Well, Dr. Reist, it's about all the time we've got today. Thank you for joining us. Thank you for the lesson. Really appreciate it. It's going to help a lot of us as we graduate as we're students, and staying up to date. Well, thank you

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